A HE CALLED IT LOVE GUIDE

FIRST 30 DAYS

A guide for the version of you that's starting over.

90 minutes. One weekend.
A real plan.

— from He Called It Love

WEEK ONE: JUST SURVIVE IT

You don't need a five-year plan. You need to get through today.

Eat something. Sleep somewhere safe. Don't make any big decisions this week.

Surviving isn't small. Surviving is the whole job right now.

SET UP A SPACE THAT'S YOURS

It doesn't have to be big. It has to be yours.

One chair no one else picked. One mug no one else drinks from.

A space that's yours is proof you're allowed to take up room again.

BUILD A ROUTINE FROM NOTHING

You don't need the old schedule. You need a new one, even a small one.

Wake up at the same time. Eat around the same time. Go to bed around the same time.

Routine isn't boring right now. Routine is the floor you're standing on.

GRIEF FOR A LIFE YOU PLANNED

You're allowed to grieve something you're glad is over.

You pictured a whole life. That life isn't happening anymore, even though leaving was right.

Grief isn't proof you made the wrong call.

It's proof you had hopes at all.

GUILT FOR FEELING RELIEF

Relief doesn't mean you didn't love them.
It means the fighting is finally quiet.

You're allowed to feel lighter. You're allowed to sleep better.

Guilt isn't the price of freedom. It's just an old habit, still running.

THE CUSTODY SCHEDULE ISN'T FOREVER

The first schedule feels wrong because it's new, not because it's permanent.

You'll adjust. The kids will adjust. It gets easier to hand them over and easier to get them back.

This rhythm is temporary until it's just Tuesday.

YOU'RE NOT BEHIND

There's no timeline you're supposed to be hitting.

Thirty days from now, you'll still be figuring it out. That's not failure. That's just what starting over looks like.

You're not behind. You're thirty days ahead of where you were.